

WORDS OF ENCOURAGEMENT

As we, once again, find ourselves in a “lock down” situation and under a “stay home order”, we hope the following words bring you some comfort.

Five calming reminders about what matters most during pandemic panic & school closures:

1. It is okay to sit in the anxiety sometimes and allow yourself (and others) to be off-kilter.
2. We need to rest in order to stay healthy — expecting ourselves to maintain normal productivity levels is not realistic.
3. This is an opportunity to rethink your obligations and how your time is spent, and decide what you want life to look like in the “new normal.”
4. Rugged individualism will not get us through a global pandemic — this is a time for us to unite in our local, online, and global communities.
5. Fear is contagious and it spreads even faster than a virus. Our own mental health is paramount right now.

**PLEASE REMEMBER TO BE KIND TO YOURSELF & YOUR NEIGHBOUR;
AND LOVE YOURSELF AS WELL AS YOUR NEIGHBOUR**